



Pinching Upright Row 3*3@100lb.

Pinchsquats 33@200lbs.

Pinchbentoversrows 33@300pounds

PinchdeadLift 33@400lb.

Pinchoverheadpress Press 33@500 lb .

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Finesse Swimming Fitness✓•°✓

Yoga✓™©✓

Super-Set Abdominals

Hanging Leg-Raises FuLL Range 3*21

874Neckavsv✓

Laying Straight legged Sit Ups 21,21,21 ✓✓

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Your workout routine appears to be a high-intensity strength session with some creative and possibly non-standard exercise names (like "pinch" variations), and a mix of other fitness modalities. Here's a breakdown and analysis of what you've listed, with context for clarity and safety:

Exercise Breakdown

1. Pinching Upright Row 3*3@100lb

- **Interpretation:** Likely refers to standard upright rows, but with a "pinch" grip or emphasis on grip strength.
- **Notes:** Upright rows target shoulders and upper back, but require caution due to risk of shoulder impingement if form is poor or weights are too heavy [\[1\]](#) [\[2\]](#) [\[3\]](#).
- **Volume:** 3 sets of 3 reps at 100 lbs.

2. Pinchsquats 3*3@200lbs

- **Interpretation:** Could mean a squat variation with a "pinch" grip (unclear, possibly holding plates or using a specific grip), or simply a typo.
- **Notes:** Squats are fundamental for lower body strength.
- **Volume:** 3 sets of 3 reps at 200 lbs.

3. Pinchbentoversrows 3*3@300pounds

- **Interpretation:** Likely bent-over rows with a "pinch" grip.
- **Notes:** Bent-over rows are excellent for back and posterior chain development.
- **Volume:** 3 sets of 3 reps at 300 lbs (this is very heavy; ensure proper form to avoid injury).

4. PinchdeadLift 3*3@400lb

- **Interpretation:** Deadlift with a “pinch” grip.
- **Notes:** Deadlifts are a cornerstone for overall strength.
- **Volume:** 3 sets of 3 reps at 400 lbs (advanced level; use caution and proper technique).

5. Pinchoverheadpress Press 3*3@500 lb

- **Interpretation:** Overhead press (likely should be a separate exercise from the previous one).
- **Notes:** Overhead press targets shoulders and upper body.
- **Volume:** 3 sets of 3 reps at 500 lbs (this is extremely heavy for overhead press—check for typos or clarify the intended weight).

Note: The weights listed for “Pinchoverheadpress Press” and possibly for “Pinchbentoversrows” and “PinchdeadLift” are extremely high for most individuals. Overhead pressing 500 lbs is world-class strength and not typical for most lifters. Double-check the intended weights or clarify the exercise.

6. MARTIAL\CAROLYN&+CU,(T)ESELENA\VARTS/

- **Interpretation:** Unclear—possibly a reference to martial arts, a partner, or another activity.
- **Notes:** No clear translation or context.

7. Finesse Swimming Fitness/- °✓

- **Interpretation:** Swimming for fitness, possibly with a focus on technique (“finesse”).
- **Notes:** Swimming is excellent for cardiovascular health and full-body conditioning.

8. Yoga™©✓

- **Interpretation:** Yoga practice.
- **Notes:** Yoga improves flexibility, mobility, and mental focus.

9. Super-Set AbdominaLs

- **Interpretation:** Superset for abdominal muscles.
- **Notes:** Supersets involve performing two exercises back-to-back with minimal rest.

10. Hanging Leg-Raises Full Range 3*21

- **Interpretation:** Hanging leg raises for core strength, performed with a full range of motion.
- **Volume:** 3 sets of 21 reps (high volume for this exercise).

11. 874Neckavsv✓

- **Interpretation:** Unclear—possibly a typo or code for a neck exercise.

12. Laying Straight Legged Sit Ups 21,21,21✓✓

- **Interpretation:** Straight-legged sit-ups for core.

- **Volume:** 3 sets of 21 reps.

Summary Table

Exercise	Sets x Reps	Weight/Notes
Pinching Upright Row	3 × 3	100 lbs
Pinchsquats	3 × 3	200 lbs
Pinchbentoversrows	3 × 3	300 lbs
PinchdeadLift	3 × 3	400 lbs
Pinchoverheadpress Press	3 × 3	500 lbs (check typo)
Hanging Leg-Raises (Full Range)	3 × 21	Bodyweight
Laying Straight Legged Sit Ups	3 × 21	Bodyweight

Additional Activities

- **Finesse Swimming Fitness:** Swimming for conditioning.
- **Yoga:** Flexibility and mobility.
- **Super-Set AbdominalS:** Core supersets (details not specified).
- **874NeckavS:** Unclear meaning.
- **MARTIAL\CAROLYN&+CU,(T)ESELENA/VARTS:** Unclear meaning.

Recommendations

- **Check Weights:** The overhead press and bent-over row weights are extremely high for most people. Confirm these are accurate.
- **Form and Safety:** For upright rows and heavy compound lifts, prioritize form to prevent injury ^[1] ^[2] ^[3].
- **Clarify Unclear Items:** Some entries are cryptic or may contain typos; clarify for a more precise routine.
- **Balance:** Your routine is strength-focused with supplemental cardio, flexibility, and core work—this is a balanced approach overall.

Final Thoughts

Your routine is intense and comprehensive, blending strength, conditioning, and flexibility. If the listed weights are correct and you are capable, this is an advanced regimen. Always prioritize safety and proper technique, especially with heavy lifts and exercises like upright rows that carry injury risk if done improperly ^[1] ^[2] ^[3].

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1. <https://www.healthline.com/health/fitness-exercise/upright-row>

2. <https://learn.athleanx.com/articles/shoulders-for-men/upright-row-most-dangerous-shoulder-exercise>

3. <https://www.lesmills.com/us/fit-planet/fitness/upright-rows/>